



## tuesdays with Lori

musings on life, loss and everything in-between

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### New Year's *Resolutions*-Intentions

*Monthly email on life, loss and everything in-between written by me, a person with strong opinions and a person who believes that sitting and intentionally doing nothing can incrementally repair the world.*

My cousin Sue sells more residential real estate than anyone else in her city. Her grandchildren live on the other side of the country and she visits them frequently. She is accomplished and organized and very busy. Recently, she told me she needed to take care of some medical needs for herself, but couldn't find the time, and she spends a lot of time worrying about it. I suggested she make a list of what she

needs to do without putting the pressure on herself to actually get any of it done. Magically, she had an appointment for bloodwork the following week. What allowed her to accomplish this? Intention.

Here we are in the last days of 2022, a natural time to pause and reflect on the way forward and set some intentions. I like to start by focusing on what makes me really me or who the hell am I and what am I supposed to be doing with my time? It's best to do this with pen and paper. I make a list of what in this world is most important to me and what feels like my strongest identity. First on my list is always mother. Once I've made my list of what's most important to me, I can focus on my intentions or what actions might guide my actions.

Intentions take into account who you are and what's meaningful to you. Intention requires awareness and focus. Intentions also require that you get out of your own way and not let yourself be constrained by narratives of limitation— you're too old, too young, too clumsy, too insignificant. Intention also has the ability to include self-compassion.

Resolutions, on the other hand, reflect a more adversarial relationship with the self. Think about a New Year's resolution to lose weight. The resolution is focused on a future outcome and inherent in the resolution is a bit of judginess— you've needed to lose X pounds for X years and this is the year you finally find the willpower to stick to the damn diet. Compare that with intention. Intention is focused on the present and it requires awareness. Let's say one of my core identities is as an athletic and outdoorsy type of person. In order to be that person, I need to be aware of what I'm putting in my body and I intend to pay attention to how I fuel my body. I will show up for myself and review how I've nourished myself once a week. It's more about awareness and being on the path to encourage myself to be my most authentic self. It's about the process, not the end result.

The best way I personally know of how to become more intentional is with a contemplative practice, in my case it's mindfulness meditation. By sitting in stillness and observing my thoughts as they come and go, with practice and with time, I become aware of what is meaningful to me and in what ways I am called to be a presence in the world. My meditation practice allows me to dare ask the question: what is it that is seeking to be accomplished by me because of who I am?

I am a mother and a teacher and a storyteller. I believe the world needs more stillness and more wisdom.

I have something to say. Welcome to the [tuesdays with Lori](#) newsletter.

## Do Try this at Home

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We learn and grow and are transformed not so much by what we do but by why and how we do it. Intention is not just about will—or about resolutions we make on New Year's Eve with shaky hope in our hearts—but about our overall everyday vision, what we long for, what we believe is possible for us.

--Sharon Salzberg

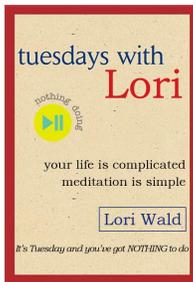
So what is the most important thing about you? What is it you most want to accomplish? When it comes to focusing on intention, lists are a little bit magical.

Take some time to review the past year and make a list of the things you've accomplished. Do those accomplishments reflect who you are? For most people, it's easier to come up with a list of failures. It's also valuable to make a list of your failures, but remember failure is honorable. Some things on your two lists may be related to each other. Notice.

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Write a list of 2022 Victories  
and a list of 2022 Honorable Failures.

A mindfulness meditation practice helps clarify intentions. Check this out for guided audio meditations ranging between 5 and 20 minutes. Personal coaching is also available.



### tuesdays with Lori

A 30-minute neuroscience-based mindfulness meditation class designed to help steady your nervous system.

Learn about mindfulness and meditation, no experience

necessary.

Join us the first Tuesday of every month starting January 3, 2023 at 4:00 PM.  
COMPLIMENTARY.

Events

### CONNECT WITH ME

If any of this resonated with you, let me know. I would love to hear your reactions, dissonances and questions.

Contact Me



Nothing Doing | 46 W. Orange St., Chagrin Falls, OH 44022

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